



You say potato, I say lasagna

Layer sliced potatoes instead of noodles with traditional ingredients for a family-pleasing take on the classic dish **PAGE 12**

MUSICAL CHAIR

NICKI MINAJ IS THE LATEST DIVA SLATED TO TAKE A SEAT AT THE AMERICAN IDOL JUDGES' TABLE **PAGE 9**



WINNIPEG

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Tuesday, August 21, 2012



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IN THE SWIM OF THINGS

Winnipegger Rhea Schmidt, who is legally blind, is part of Canada's national swim team heading to the Paralympic Games in London next week. **Story, page 3.** LAUREN PARSONS/FOR METRO

Mr. Jetz TV's life in politics could be short-lived

Fringe candidate.

Darrell Ackman would have to step down if elected then convicted



SHANE GIBSON

shane.gibson@metronews.ca

Darrell Ackman — better known to most Winnipeggers as Mr. Jetz TV — has been approved to run as an independent in the upcoming provincial byelection in Fort Whyte.

But his political career won't last long if he happens to win and his charges — including allegations that he made pornographic videos with girls as young as 14 — stick in court.

"If a sitting member ... is convicted of a serious offence and sentenced to five years or more in prison, they would no longer be able to sit in the house," explained Alison Mitchell from Elections Manitoba of the rules outlined in the Legislative Assembly Act. "The term used in the act is an indictable offence."

Police confirmed with Met-

ro on Monday the charges Ackman faces are indictable.

Earlier this month, Winnipeg police charged Ackman, 43, with three counts of living on the avails of prostitution, two counts of sexual assault, two counts of sexual interference, and single a count of making, printing, and publishing child pornography, possessing child pornography and invitation to sexual touching.

Police first charged Ackman with living off the avails of prostitution July 23 for allegedly pimping underage girls through an escort service. The additional charges were added later, following a raid at a Winnipeg home.

"These children are certainly preyed upon and taken advantage of and exploited," said Insp. Gord Perrier at the time. "This activity is definitely illegal, and sex with children is wrong."

Under Manitoba law a person charged criminally can run as a candidate as long as they — or a representative on their behalf — collect 100 signatures from eligible voters within the electoral division and they are

By the numbers

100

The number of signatures a person charged criminally needs to collect from eligible voters within the electoral district to run as a candidate — providing they are not currently imprisoned.

not currently imprisoned.

"Basically anyone who is eligible to vote may also be nominated as a candidate," said Mitchell, noting there are a few disqualifications including an election-offence conviction within the last five years. "(Ackman) does not fall within any of those categories, so he is eligible to run."

Voters in Fort Whyte go to the polls Sept. 4, and candidates on the ballot include Progressive Conservative Leader Brian Pallister, Brandy Schmidt of the NDP, Liberal Bob Axworthy, and Donnie Benham of the Green party.

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Police search

Three suspects sought after man robbed, assaulted

Police are on the hunt for three suspects after a man was assaulted and robbed in the North End Saturday.

The 37-year-old victim was walking near Redwood Avenue and McGregor Street at about 3 a.m. when three unknown males came up from behind and began assaulting him.

The suspects stole personal property and fled the area. The victim was taken to hospital in unstable condition, and has been since upgraded to stable.

The suspects are described as wearing dark clothing.

Anyone with information is asked to call police at 204-986-2848 or Crime Stoppers at 204-786-TIPS. **METRO**

Seven Oaks

Cops investigate store robbery

Police are looking for a lone male suspect after a Seven Oaks-area store was robbed early Monday.

The armed suspect walked into a convenience store in the 1800 block of Main Street at about 1:50 a.m. and demanded goods from the 31-year-old female employee.

The suspect fled with merchandise totalling \$1,200. The employee was not injured.

The suspect is described as a clean-shaven white male, 23 to 29 years old and roughly five-foot-nine with a medium build.

Anyone with information should call investigators at 204-986-6219 or Crime Stoppers at 204-786-TIPS. **METRO**

Winnipeg swimmer glides through pain to Paralympics

Rhea Schmidt hits the pool six times a week at 7 a.m.

After taking a four-year break from swimming, she's the only Winnipegger chosen to represent Canada's swim team in the London Paralympic Games this summer.

"I'm not the type of person that has to win in order to be happy with a race, but I definitely am a competitive person and like pushing myself," she said.

"I just really love training to-

wards achieving goals that I've set for myself and constantly finding ways to improve and get faster."

Schmidt, who is legally blind with seven per cent vision, represented Canada in the Athens Paralympic Games in 2004, finishing in the top eight in four races. It was an experience, she said, along with added maturity that has helped her prepare for this year's Games.

"In Athens I learned a lot about handling pressure, so

now I know what to expect," she said. "My coach has gotten me into doing deep breathing meditation-type stuff to help control my pre-race anxiety."

Schmidt trains for two hours in the water, and one hour on land doing weights. She also works with her coach and a sport psychologist to visualize her races and how she wants to feel before the race starts.

Schmidt had stopped swimming because she was having tendonitis-related pain in

her ankles — her doctor told her that if she kept training, she would eventually develop osteoarthritis.

But after four years she missed it and returned to the doctor. "I asked if there was any way I could go back. He did an MRI and said if I could swim through the pain, I shouldn't be causing any more damage," she said.

The Paralympic Games run from Aug. 29 to Sept. 9. **LAUREN PARSONS/FOR METRO**

If you like horseshoes, you'll love rolle bolles

Belgian bowling. League aiming to entice Winnipeggers into trying fun sport



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Jason Hoger wants Winnipeggers to try a new sport that he believes is right up their alley.

It's called Belgian bowling, and Hoger is eager to welcome more members into his league.

"I've been bowling since the age of 10," said Hoger, 25, a community resource worker for New Directions.

"I enjoy going there, meeting new people, getting to socialize with people who've played before. They come out, they have a good time, share some laughs and some drinks."

What makes Belgian bowling interesting is that it combines certain elements of curling and horseshoes, as the goal of the game is to get your "rolle bolle" (also known as a Belgian bowl) closest to or on

top of a raised peg at the other end of the lane.

The rolle bolles, which weigh about eight pounds, aren't round; instead they resemble wheels of cheese.

Made either from melted asphalt and rubber or from hardened wood, the rolle bolles are more glided than thrown to get them on the peg. However, strategically there are moments when players will throw the bowl forcefully to move an opponent's bowl, similar to the game of bocce.

Hoger said his family is of Belgian descent, which is how he got into the sport, but the league, which has members ranging in age from eight to 80, is open to everyone.

"If people want to come and bowl, and see what the game looks like instead of just a demonstration, come on down," said Hoger, adding the league purchased 10 new rolle bolles for new members to use until they want to purchase their own.

"If you are a first-time bowler, don't worry, we'll put you with an experienced bowler



Jason Hoger says Belgian bowling is a great way to have fun while meeting new people. **BERNICE PONTANILLA/METRO**

who will teach you along the way."

The Belgian Bowling League will be playing Tuesday

evening starting at 7 p.m. at 407 Provencher Blvd.

There is also bowling on Friday nights.

Mobile news



Helvetica is bold and in-your-face; Arial is as cool as a cucumber. Scan the code to check out one blogger's take on the personalities of fonts.



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Turnaround

Farmers welcome early corn harvest

One of the worst growing seasons most U.S. farmers can remember is coming to an end with a corn harvest that's at least three weeks early thanks to an unusually warm spring and suffocating summer.

THE ASSOCIATED PRESS

Skinny dip

U.S. congressman apologizes for nude Galilee swim

A Republican congressman representing Kansas has apologized for embarrassing his supporters by swimming naked at the holy site of the Sea of Galilee while on a fact-finding mission to Israel.

Freshman U.S. Rep. Kevin Yoder, 36, has not been charged in the Aug. 18, 2011, incident when he and about 20 other lawmakers and staff members jumped into the water. Politico reported Sunday that he was the only one among them who wore no clothes.

Yoder said it was dark and he was in the water for only about 10 seconds.

THE ASSOCIATED PRESS

E. coli fears

Supplier recalling romaine lettuce

California produce supplier Tanimura & Antle said Sunday it is voluntarily recalling romaine lettuce that was shipped to 19 U.S. states, Puerto Rico and Canada over fears about possible E. coli contamination.

THE ASSOCIATED PRESS

Alberta

Union criticizing unreported farm fatalities

The Alberta Federation of Labour is criticizing the provincial government for no longer reporting farm fatalities.

The union says the move is an example of how

"agricultural workers are being erased in Alberta."

"This decision to stop reporting the number and nature of farm deaths helps to hide the real problem — Alberta's deplorable lack of workplace protection for farm workers in the province," union spokeswoman Nancy Furlong said in a release Monday.

THE CANADIAN PRESS

La Leche. Motherhood group stands behind transgender ban

Breastfeeding advocates and parenting gurus are voicing support for a transgender Winnipeg man who nurses his son, in the wake of a motherhood support group's refusal to allow him a leadership role inside the organization.

"La Leche League Canada's decision is discriminatory," said Annie Urban, of the popular parenting blog PhD in Parenting. "It is time for La Leche League to update its guidelines and recognize that breastfeeding is not exclusively a mother's domain."

La Leche League Canada (LLLC) recently informed Trevor MacDonald, 27, he could not lead support circles or serve as a breastfeeding coach because he identifies as a man, which contravenes the organization's policy definition of motherhood. Only women can serve as leaders, according to LLLC policy. (Trevor uses "MacDonald" as a pseudonym.)

Elisabeth Sterken, director of INFACT Canada, a non-governmental organization that promotes breastfeeding, called LLLC's policy "unacceptable."

While LLLC has publicly supported Trevor's right to breastfeed, and acknowledges his experience nursing his 16-month-old son, the group has no plans to budge.

"It would take a lot of discussion over probably a long period of time before anybody was ready to even consider



Trevor, a 27-year-old transgender man, breastfeeds his 16-month-old son. CONTRIBUTED

changing policies that would be in the best interests of La Leche League's mission," Fiona Audy, chair of the group's board of directors, told the Torstar News Service on Monday.

TORSTAR NEWS SERVICE

Quoted

"It's not so much about the man and the woman or the mother and father ... it's the relationship between the parent and the child."

Dawn Hanes, Baby Friendly Initiative Ontario

Akin apologizes, but refuses to quit race



Rep. Todd Akin, seen here talking with reporters last week, apologized Monday for saying in an interview that women's bodies can prevent pregnancies in "a legitimate rape." ORLIN WAGNER/THE ASSOCIATED PRESS

'Legitimate rape' gaffe. Republican congressman appears on radio show as party members call for him to drop his U.S. Senate bid

A congressman running for the U.S. Senate apologized Monday for his televised comments that women's bodies are able to prevent pregnancies if they are victims of "a legitimate rape," but he refused to heed calls to abandon his bid for the Senate.

Todd Akin, appearing on former presidential candidate Mike Huckabee's radio show, said rape is "never legitimate."

"It's an evil act. It's committed by violent predators," Akin said. "I used the wrong words the wrong way."

Calls for Akin's exit from

Quoted

"Like millions of other Americans, we found (Akin's comments) to be offensive."

Republican presidential candidate Mitt Romney, who called Akin's comments "insulting, inexcusable and frankly wrong."

the race grew Monday, with at least two Republican senators — Scott Brown of Massachusetts and Ron Johnson of Wisconsin — saying he should resign the party's nomination.

The six-term congressman is the Republican nominee for U.S. Senate, opposing Democratic incumbent Claire McCaskill in the November election.

The election is one of this year's most closely watched races, as it represents one of the Republicans' best chances of defeating a Democratic incumbent as they try to gain control of the Senate.

McCaskill, who is seeking a second term, is considered vulnerable because of her strong ties to President Barack Obama — she was an early supporter in 2008 — and the fact that Missouri is considered an increasingly conservative state.

"The good people of Missouri nominated me, and I'm not a quitter," Akin said. "And my belief is we're going to take this thing forward and by the grace of God, we're going to win this race."

During the primary campaign, Akin ran TV ads in which Huckabee praised him as "a courageous conservative" and "a Bible-based Christian."

THE ASSOCIATED PRESS

Study. Married women found to drink more

Does marriage drive women to drink? A study suggests the answer is yes. It found married women drink more than single or divorced women — and married men drink less than their single, divorced or widowed counterparts.

The research was led by Prof. Corrine Reczek. Using data compiled from the Wisconsin Longitudinal Study, which tracked more than 10,000 men and women over six decades — about half of whom provided information on their alcohol use — the study found:

- Men overall consumed

more alcohol than women.

- Married men reported drinking less alcohol than single, divorced and widowed men.

- Married women drank slightly more than divorced or widowed women, mainly because of their spouse's drinking habits.

- Women who were divorced or widowed drank "significantly" less than married women.

- Recently divorced men drank "significantly" more than men in long-term marriages.

TORSTAR NEWS SERVICE

Annual Arctic sojourn. Canada's future lies in the North, says Harper

Prime Minister Stephen Harper says Canada's future lies in the exploitation of the nation's northern resource riches, branding it as a "great national dream."

Harper kicked off his annual tour of Northern Canada Monday with a bullish vision that sees the country's prosperity fuelled by untapped Arctic resources.

"Those who want to see the future of this country should look north," he told a gathering of Tory supporters.

"Because that great national

dream — the development of northern resources — no longer sleeps. It is not down the road. It is happening now. The North's time has come, my friends, and you ain't seen nothing yet."

Harper made the comments even as controversy flares on another resource front — the plan to pipe Alberta oil over sensitive British Columbia lands to the Pacific coast and on to Asian markets.

But the turbulence over the pipeline hasn't dampened Harper's view that Canada's fu-



Prime Minister Stephen Harper and his wife, Laurene, are seen in Caribou Crossing, Yukon, on Monday. ADRIAN WYLD/THE CANADIAN PRESS

ture fortunes lie in oil, gas and mineral resources.

Harper said mineral exploration is already reaching un-

precedented levels across the North, with some 30 new projects to be developed over the next decade.

TORSTAR NEWS SERVICE

Determination helps foreign-trained dentist restart his career in the Prairies

Discipline and hard work are paying off for Dr. Hooman Mohandesan, who today is enjoying the rewards of his labour, after a gruelling three-year journey to re-launch his career as a foreign trained dentist in Canada.

"It was honestly very hard, but when you're done, you feel the joy and pride of this difficult task," chuckles Iranian-born and trained Dr. Mohandesan, who completed the two-year International Dentist Degree Program at the University of Manitoba, as well as intensive National Dental Board exams.

To make it through the eligibility exams, interviews and heavy course load, Dr. Mohandesan followed a careful regime during those years – focusing on his studies with short work-outs at the gym." Since there was no guarantee that I would be accepted to the program on my first try, I concentrated on the exams and making contacts to learn the process and prepare myself," he recalls.

While excited to rebuild his career in welcoming, multicultural Canada, the dedicated student struggled to preserve his savings, since he didn't know when he might begin practicing his profession. "It took some time to get used to my new economic status as a student, with all the daily expenses, but no income," he explains.

Fortunately, during an orientation event at University of Manitoba, Dr. Mohandesan met Scott Bollman, a Manager of Small Business at Scotiabank. "I liked the interaction with Scott at our meeting," says Dr. Mohandesan. "Since as a newcomer I was not very familiar with the Canadian financial system, I had a lot of questions, and Scott was very patient throughout our discussion about student loans and banking options."

Scott explained the *Scotia Professional*® Student Plan, tailored for students like Dr. Mohandesan who was completing a professional degree, offered tips on affordable Winnipeg neighbourhoods, and demonstrated how a Scotiabank line of credit would accommodate his needs.

"It's more like a friendship, since I'm really dealing with a human being, not just an institution," says Dr. Mohandesan to describe the responsive Scotiabanker who has also helped him apply for a credit card, foreign currency accounts and provided advice on saving for his future.

"That's how we serve our customers, particularly new Canadians who face many challenges to establish themselves at the beginning," observes Scott. He adds that he offers programs such as the *Scotiabank StartRight*® Program¹ for Newcomers,

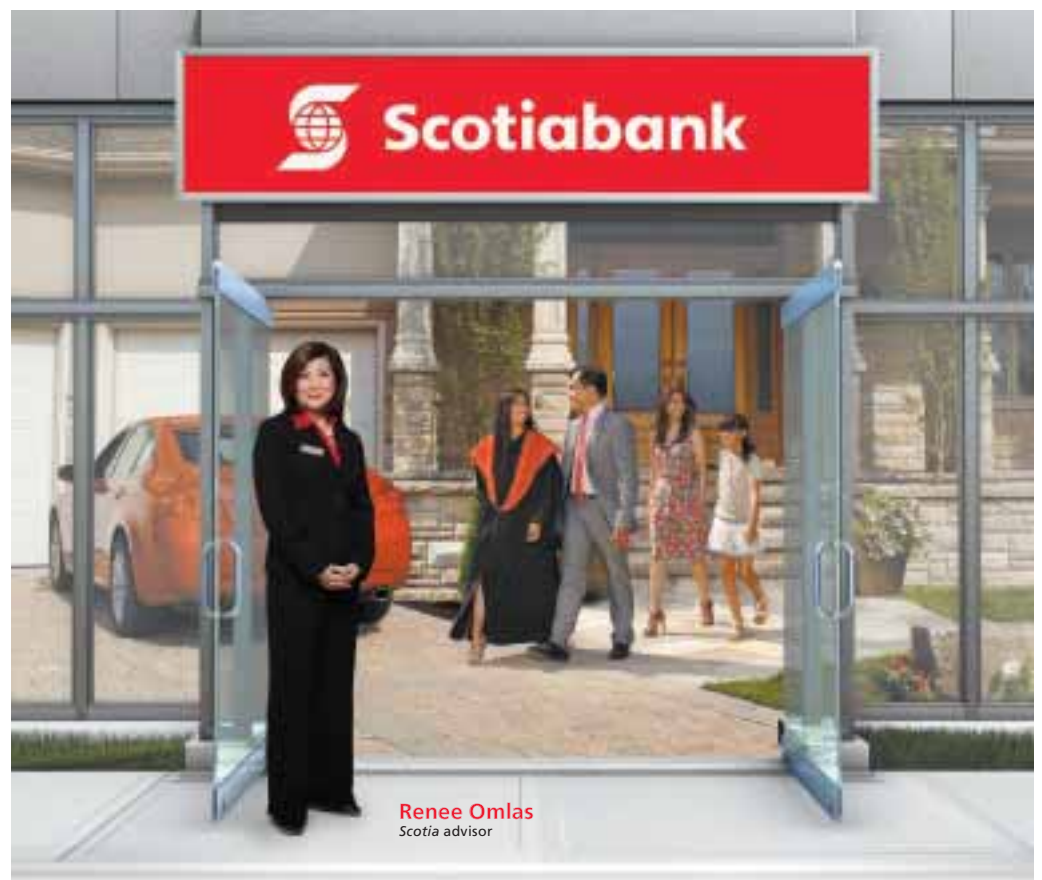
which includes a free day-to-day bank account for one year², a wide range of credit card options³ and a number of other customized services and benefits.

Although Dr. Mohandesan is enjoying a bit more leisure time since graduating, he continues his hard working style, serving as a Dental Implants Fellow and as a researcher and clinical instructor at the Faculty of Dentistry at the University of Manitoba. His advice to other newcomers, "Concentrate on your goals, learn the process, and build good relationships with people who know what to do to get your career or finances in order."

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1. The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.

Serving up sweets. Tennis star Sharapova launches candy line

Tennis star Maria Sharapova is going into the candy business.

The four-time Grand Slam title winner launched her Sugarpova brand of 12 types of sweets on Monday at Henri Bendel in New York City.

At this year's French Open, which Sharapova won, she called Sugarpova "the most exciting project that I've ever done ... because it's my own business, my own investment, my own money."

Sharapova is ranked third heading into the U.S. Open tennis tournament, which starts next week.

THE ASSOCIATED PRESS



Maria Sharapova appears for her Sugarpova candy launch at Henri Bendel in New York on Monday.

GETTY IMAGES

Market Minute



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Dow Jones: 13,271.64 (-3.56)

Struggling stock

Facebook stock up after hitting new low

Facebook's beleaguered stock received a boost after hitting its lowest level ever early Monday.

Facebook hit a low of \$18.75 US before bouncing back to \$20.01 by the time the stock market closed.

The social-networking giant's much-anticipated IPO turned sour amid technical problems on the Nasdaq and high expectations. The stock has not surpassed its \$38 IPO price since its first trading day. THE ASSOCIATED PRESS

Employment

Salaries to jump 2.9 per cent: Study

A new study suggests Canadian employees can expect to see their salaries rise by an average of 2.9 per cent next year.

That increase is slightly more than the 2.8 per cent increase projected for 2012 and close to the three per cent increase expected south of the border in 2013.

However, the rise is much lower than projected yearly increases of around 3.7 per cent before the 2008-2009 economic downturn. THE CANADIAN PRESS

Carney apologizes for banknote controversy

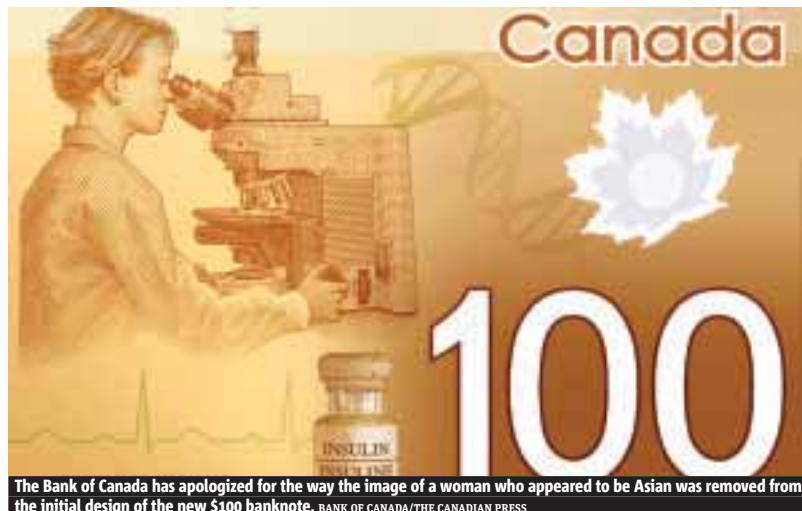
Money problems.

Image of Asian woman removed from original design of new \$100 bill after focus groups raised questions

Bank of Canada governor Mark Carney apologized Monday for the way the image of an Asian woman was removed from the initial design for new \$100 banknotes, promising to review the bank's internal processes.

"I apologize to those who were offended — the bank's handling of the issue did not meet the standards Canadians justifiably expect of us," Carney said in a statement. "Our banknotes belong to all Canadians, and the work we do at the bank is for all Canadians."

The Canadian Press reported last week that the image of an Asian woman was purged from the original design after some focus groups in October 2009 raised ques-



The Bank of Canada has apologized for the way the image of a woman who appeared to be Asian was removed from the initial design of the new \$100 banknote. BANK OF CANADA/THE CANADIAN PRESS

tions about her ethnicity.

Some of the participants said the Asian woman did not represent Canada; some said other ethnic groups should be shown as well, says a report obtained under the Access to Information Act.

By the end of 2009, an image of a white-looking woman was substituted in a move bank spokesman Jeremy Harrison said was to restore "neutral ethnicity." The original design never went into circulation.

Spokespersons for the Chinese Canadian National Council called the move "racist," and demanded the bank change its policies to stop "erasing" visible minorities from Canada's money.

THE CANADIAN PRESS

Apple sets record for company value

Tech triumph

\$624B

Apple's surging stock has pushed the company's value to \$624 billion US, the world's highest ever

most valuable company since the end of last year. It's now worth 54 per cent more than No. 2 Exxon Mobil.

Apple's stock closed at \$665.15. That was an all-time high, up \$17.04, or 2.6 per cent, from Friday's close. Microsoft's 1999 peak was \$620.58 billion, according to Standard & Poor's.

The comparison to Microsoft does not take inflation into account. In inflation-adjusted dollars, the software giant was worth about \$850 billion on Dec. 30, 1999. Microsoft is now worth \$257 billion. Analysts believe

price-to-earnings ratio is 15.6, compared to 16.1 for the S&P 500 overall. That suggests investors, unlike analysts, don't believe the company can grow its profits much from current levels.

Analysts believe the launch of a new iPhone in a month or two will be Apple's biggest product introduction yet.

There is also speculation that a smaller iPad could expand the number of people who can afford one of Apple's tablets. The cheapest iPad costs \$399, compared to \$199 for the latest Google and Amazon tablets. THE ASSOCIATED PRESS

Apple's stock has room to grow. The average price target of 38 analysts polled by FactSet is \$745.80.

Despite the surge, Apple's stock is not particularly expensive compared to its earnings for the last 12 months. The company's

Consumer confidence

Back-to-school spending going up: BMO survey

A new BMO survey predicts that Canadians will spend 13 per cent more on back-to-school shopping this year compared to last.

The survey, conducted by Pollara, says consumers will spend an average of \$362 on everything from shoes to laptops, up from \$319 last year.

About 46 per cent of shoppers are expected to shop at local retailers, with about a quarter going online. THE CANADIAN PRESS

CIBC survey. Over half of boomers plan to keep working after retirement

A new survey of Canadians in their 50s found that 53 per cent of those polled said they plan to continue working after retiring in their 60s, in many cases to supplement their income.

The national online survey, conducted last month for CIBC by Leger Marketing, found that Quebec respondents were least likely to say they'll work after retirement, at 47 per cent.

Meanwhile, about 29 per cent of those surveyed said they were uncertain if they would continue to work after

retirement, while 14 per cent said they would definitely not work post-retirement.

According to the survey, almost half of those now aged 50 to 59 have less than \$100,000 saved for retirement.

Overall, the survey found that of those who plan to keep on working, 37 per cent said they would do so part-time.

And only a third of those who plan to work post retirement said they would do so only for the money.

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SHE SAYS ...
Jessica Napier
metronews.ca/voices/
she-says

Last weekend I celebrated my 27th birthday and I thought I should do something a little different to mark the occasion. Rather than planning a night out of boozing and debauchery with

my nearest and dearest, I decided to strap on my running shoes and embark on a 15-kilometre run with hundreds of strangers.

In case you've ever wondered what it's like to pound the pavement non-stop for 15 kilometres, I thought I'd invite you into the mind of an unwilling runner.

Here's what was going through my head every sweaty step of the way:

1 km: I feel great. Am I making this look easy? I think so. Perhaps I should follow Usain Bolt's example and invent a signature finish-line move.

2 km: Getting into the groove now. Running behind a friend whose rhythmic ponytail-swaying is helping me keep a good pace.

New trend?

"Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as 'InstaRunning.'"

should have forgotten my pride and purchased one of those lame waistband water-bottle harnesses.

6 km: A HILL? Nobody told me there would be hills!

7 km: Stomach pains. Clearly a salted caramel cupcake wasn't exactly a good pre-race snack.

8 km: Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as "InstaRunning."

9 km: Can I make it another six kilometres without having to use one of those questionable-looking porta-potties?

10 km: At the 10-kilometre mark I spot a random road sign that reads: "Brake for Snakes." I immediately decide to picture a group of angry snakes slithering behind me and pick up the pace.

11 km: Four more to go and I can't stop thinking about drinking the largest glass of white wine when this is all over.

12 km: Blisters, blisters, blisters, blisters, blisters, blisters.

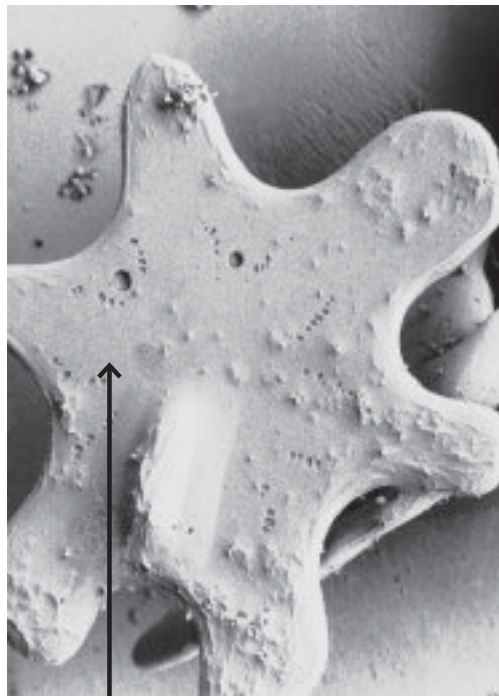
13 km: Whoops. I accidentally threw a half-full cup of Gatorade in the general direction of a fellow runner. Run faster to avoid eye contact.

14 km: OK, you can do this. Harder, better, faster, stronger.

15 km: One hour and 38 minutes later and it's all over!

Someone give me my finisher medal and that aforementioned glass of wine.

Snow way ... that's H₂O?



Snowflake art

Snow pics reveal very odd shapes

One looks like an amoeba, the other looks like something out of a futuristic, otherworldly landscape.

But these are snowflakes and ice crystals captured in stunning high detail.

Taken with a low-temperature scanning electron microscope, the pictures are products of the Beltsville Agricultural Research Center in Maryland.

METRO

Snow in detail

- **Studying snow.** Snow and ice crystals are collected on copper sample plates containing pre-cooled methyl cellulose solution. The plates are plunged into pools of liquid nitrogen, rapidly cooling them to -196 C. They are shipped to Maryland to be held in storage or examined and photographed on a pre-cooled (-170 C) stage of a scanning electron microscope.

- **Objective:** to find out the water content of the winter



ELECTRON AND CONFOCAL MICROSCOPY LABORATORY/AGRICULTURAL RESEARCH SERVICE/U. S. DEPARTMENT OF AGRICULTURE

Specialist's view

"These images show that the phrase 'No two snowflakes are alike' is probably true."

James Foster, physical scientist in hydrological sciences at NASA.

Foster explained to Metro that all snowflakes are unique because "their histories are slightly different. Everything from vapour, wind and heat affects them in a varying manner, resulting in a unique shape."

snow pack. James Foster, a scientist at NASA, explains the science: "Less radiation from the ground is emitted with larger snow crystals as the radiation is more scattered. From this we can determine the thickness of the snow, and ultimately how much water it can hold."

- **Different shapes.** In their basic form, snowflakes are hexagonal in shape. But once they've fallen and interacted with heat or vapour, they undergo metamorphosis. "As a result, we can get really odd shapes," Foster said.

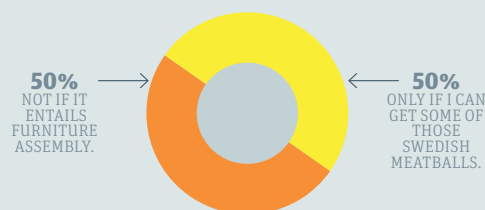


During a 15-kilometre race, it's debatable whether your feet are running as fast as your mind. GETTY IMAGES



Register at metropolitanpanel.ca and take the quick poll

Would you stay at an Ikea hotel?



Twitter

@ajjennings82:

As Always impressed by the local talent. Tonight "ANNIE" @rain-bowstage was no exception! Winnipeg is a song and dance city and I love it!!!!

@PlatinumRosie:

Who released the wasp army!!!!...where did they all come from #winnipeg??

@KristenGro:

Shout out to this gorgeous Winnipeg summer that is sticking

around for my week of holidays!

@clairebilton:

I'm naming my kids Simon and Garfunkle no questions asked

@MachuFink:

Worst feeling in the world: when you're torn between chicken or steak. CHICKEN OR STEAK?!

@EugeneBradleyy:

Its about time Augusta National!



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SCENE 2

With *The Expendables 2* taking the No. 1 spot at the box office last weekend, we have proof once again that if you pack a ton of high-profile talent into one film, you can't lose. Here we take a look at some of the best high-head count films.

HEIDI PATALANO
Metro World News in New York



The Avengers (2012)

The cast: Robert Downey Jr., Scarlett Johansson, Chris Hemsworth, Mark Ruffalo, Jeremy Renner, Samuel L. Jackson, Chris Evans, Gwyneth Paltrow, Tom Hiddleston, Cobie Smulders, Stellan Skarsgard

High-power head count: 11

Critical reaction: 92 per cent approval rating on RottenTomatoes.com

What made it great: With a snappy script, skillful performances and powerful action sequences, *The Avengers* offered a well-rounded meal for hungry comic book fans.

Opening box office take: \$207.4 million

5

of the best ensemble films

The Royal Tenenbaums (2001)

The cast: Gene Hackman, Ben Stiller, Gwyneth Paltrow, Danny Glover, Bill Murray, Anjelica Houston, Alec Baldwin, Owen Wilson, Luke Wilson

High power head count: Nine

Critical reaction: 80 per cent approval rating on RottenTomatoes.com

What made it great: Director Wes Anderson's quirky film about family dysfunction utilized each actor's strongest talents so well that the film is largely considered his best. A 2008 survey by film magazine *Empire* named it the 159th best film of all time.

Opening box office take: \$8.5 million



Pulp Fiction (1994)

The cast: John Travolta, Samuel L. Jackson, Bruce Willis, Harvey Keitel, Uma Thurman, Tim Roth, Ving Rhames, Rosanna Arquette, Eric Stoltz, Christopher Walken

High power head count: 10

Critical reaction: 95 per cent approval rating on RottenTomatoes.com

What made it great: Quentin Tarantino's landmark film resurrected John Travolta's career and became a watershed moment for indie cinema's increasing profitability.

Opening box office take: \$9.3 million

Ocean's 11 (2001)

The cast: George Clooney, Brad Pitt, Julia Roberts, Matt Damon, Don Cheadle, Elliott Gould, Andy Garcia, Casey Affleck, Bernie Mac, Carl Reiner, Scott Kahn

High-power head count: 11

Critical reaction: 82 per cent approval rating on RottenTomatoes.com

What made it great: Funny, stylish, smart and very, very sexy, this heist caper front-loaded with talent made Steven Soderbergh's skill as a director shine that much brighter.

Opening box office take: \$38 million



The Expendables (2010)

The cast: Sylvester Stallone, Jason Statham, Jet Li, Steve Austin, Dolph Lundgren, Terry Crews, Mickey Rourke, Randy Couture, Bruce Willis

High power head count: Nine

Critical reaction: 41 per cent approval rating on RottenTomatoes.com

What made it great: The first *Expendables* film may not have found favour with critics, but box office numbers don't lie — audiences loved this over-the-top homage to the action films of the 1980s.

Opening box office take: \$34.8M

On the web



Nicky Deuce, new Nickelodeon kids movie, mobbed up with four former stars of *The Sopranos*



Prince Harry

The prince gets his party on, post Olympics

With the London Olympics behind him, Prince Harry headed back to Las Vegas this weekend for some fun and relaxation, according to People magazine. The royal bachelor was able to enjoy himself at the MGM Grand's poolside venue Wet Republic without drawing too much attention thanks to the presence of Jennifer Lopez, who was throwing a party a few bungalows away. He didn't go entirely unnoticed, of course. "A few groups of women approached him throughout

A royally good time

"He definitely loved the attention, but he looked to be a gentleman with all the women."

Source

the day and he talked to them briefly, but he didn't really center his attention on anyone," a source says. "He definitely loved the attention, but he looked to be a gentleman with all the women."



Robert Pattinson

That sucks: Bella and Edward bow out of the Twilight fan forum

It looks like more bad news for Twilight fans. In the wake of star Kristen Stewart's cheating scandal, it's been announced that she and estranged boyfriend Robert Pattinson won't be attending the four final Twilight fan conventions scheduled for before the release of the series' last film

in November, according to Zap2it.com. Their co-star, Taylor Lautner, won't be attending either, though it's unclear why he's bowed out. A spokesman for the company organizing the conventions promises attendees that they "will have a super lineup of other Twilight stars."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Nicki Minaj nabs a chair on American Idol

THE WORD
Monica Weymouth
scene@metronews.ca

American Idol hasn't had any trouble replacing former judges Steven Tyler and Jennifer Lopez with high-profile stars. A month

after Mariah Carey signed on, it looks like fellow professional diva Nicki Minaj will take a seat at the judges' table as well.

"I'm not sure the deal is completely done yet, but yes, she is definitely doing it," a show insider tells Us Weekly.

"A few more slight things to sign off on but it is happening."

Our hearts go out to the hair, makeup and pillow-fluffing crews at Idol during this difficult time.

Phyllis Diller passes away at 95

Comedienne and actress Phyllis Diller died yesterday at the age of 95 in Los Angeles. She had recently suffered a fall and injured her hip, reports TMZ. Diller, who began her career in television in 1952, frequently collaborated with

Bob Hope and is credited with paving the way for female comedians.

She continued to work until recently, making cameo appearances in film and television and performing standup in 2007 on The Tonight Show.



Justin Timberlake and Jessica Biel ALL PHOTOS GETTY IMAGES

Private aisle: Did Justin and Jessica have a secret ceremony?

Did Justin Timberlake and Jessica Biel pull a fast one on Hollywood and sneak off to tie the knot this past weekend? At least one gossip columnist says yes. Janet Charlton reports on her blog that the engaged stars were in Jackson Hole, Wyoming, this weekend —

the site of Timberlake's proposal to Biel last December — for a rehearsal dinner Friday night followed by the wedding itself Saturday at a private estate. Their quests were staying at the Four Seasons resort nearby, according to Charlton's source.



Jennifer Aniston

Ring on the speculation: What about Aniston and her beau?

Speaking of secret weddings, Justin Theroux spurred speculation that he and Jennifer Aniston had already sealed the deal when he was spotted walking around New York City this weekend sporting a ring on his left hand, according to E! Online. Of course, he and Aniston have only been engaged a

week, and she's off in North Carolina shooting a movie — and hasn't even unveiled her engagement ring yet. Plus, the ring Theroux was wearing — a large, gold item with lettering on it — didn't look very much like a traditional wedding band. Maybe he was just trying to make it clear that he's off the market.

Twitter



@chriscolfer

Does anyone else imagine @DianeSawyer when they think of God? Maybe I just watch too much news.



@TheEllenShow

13 million followers! If 13 is a lucky number, 13 million must be really lucky. I'm gonna go buy some lotto tickets.



@SethMacFarlane

I fear no man or thing the way I fear a bee in my car.



@katyperry

Meditation is the new xanax.

3
LIFE

Diet. This summer, health addicts raved about the benefits of detoxes. But is feeding your body nothing but blended fruit and vegetables really good for your health?

**ROMINA
McGUINNNESS**
Metro World News

Unless you've been hiding out in McDonald's all summer, you'll have heard at least one of your friends mention how a juice detox helped them get the best body ever. Generally, people go on a detox because they want to lose weight, de-bloat or clear their skin. But they're missing the point, Dr. Frank Lipman, who advises Gwyneth Paltrow, tells Metro. "Your main motivation should be your health, not your weight." So is going on a detox ever a good idea? Yes, Lipman answers, as long as you're doing it right.

Why bother to try one?

"If you're going off the rails and have been eating too much crap and feel like you need to push the reset button, then a detox may be the right thing for you. But so many people do it wrong," says Lipman. "The benefits of a good detox include weight loss, higher energy levels, reduced bloating and puffiness, clearer skin, improved digestion and better sleep. It's an entry point into a healthy life."

What is it?

Going on a detox is about removing toxins from the body. Beyond that, it's about getting healthy.

According to Lipman, a truly effective detox is one where you supply your body with the specific ingredients needed to boost its own detoxification system. We have natural detox systems, such as the liver, but these tend to get overloaded by our modern diet and lifestyle. You need to support yourself with fresh nourishing food in order to replenish your system. The gut is a huge source of toxicity as its full of bad bacteria, so a good detox should include plenty of fibre to help remove the bacteria as well as

anti-microbial herbs to kill it.

How do you do that?

Process of elimination. A detox isn't just about removing toxicity but eliminating foods from your diet that cause sensitivities or inflammation such as sugar, gluten, dairy, soy, eggs, caffeine and alcohol says Lipman.

Once the detox is over, slowly introduce the foods back into your diet one at a time and see how your body reacts.

"If you don't have a negative reaction, such as severe stomach pain, nausea, headache or fatigue, then you can assume that it's not a problem for you to continue eating these foods."

You have to stick to a detox program for a minimum of 10 days, the length of time it takes for the body to get over food sensitivities and sugar cravings.

So is detoxing dangerous?

"No, it's good to remove the crap in your diet once in a while," confirms Lipman. But it can be a problem if it's not done properly. "Ninety per cent of people go on a detox to lose weight and look good. But if they did do it in the mind set of getting healthy, they would get better results and still lose the weight."

Just reconsider juicing

The problem with a juice detox is that there is only so much time you can spend without solid food, says Lipman. Juicing for a couple of days is fine, but you're not really cleaning out your gut, which is what a detox is all about. You think you're getting skinny, but you're probably gaining weight.

"A juice detox is fine for resting the gut and not taking in gluten, dairy and refined sugar, but a lot of juice detoxes are full of fruit so full of sugar. Too many sugars and not enough nutrients could actually have an adverse effect, triggering weight gain rather than weight loss," Lipman warns. "If you're going to have a juice, make sure it's not 100 per cent fruit, but contains green leafy vegetables such as spinach or kale as well."

Quote

"Going on a detox is like going to a food rehab."

Dr. Frank Lipman
Author of *Revive: Stop Feeling Spent and Feel Great Again*



How to detox the right way



Drink it up. THINKSTOCK

Take note. Three things you should know before starting a juice detox



"While your liver, kidney and skin regularly function as your detox organs, they sometimes need a little help because we no longer eat pure, unadulterated foods 100 per cent of the time," says Zoë Sakoutis, founder of the Blue Print Cleanse. She gives us a few pointers.

1 The top five foods to include in a juice are dark leafy greens such as broccoli and kale, as well as lemon, watermelon, cucumber and beets.

2 Nutrients in juice-form can be absorbed and assimilated more easily, so your body isn't spending much energy on digestion, and is able to rest and restore itself whilst being fuelled with raw energy.

3 The benefits of a juice detox include increased energy levels, improved sleeping patterns and better digestion.

METRO

Recipes

Here's three juice recipes from Dr. Lipman's cleanse program. Blend away...

Pineapple Smoothie (serves 1)

- 1/4 cup coconut milk
- 3/4 cup coconut water
- 1/2 cup frozen pineapple pieces
- 1 tbsp shredded unsweetened coconut
- 4 ice cubes

Greena-Colada Avocado Smoothie (serves 1)

- 1 cup frozen pineapple chunks
- 1 cup coconut water (or almond milk or water)
- 1/4 avocado
- 1 tbsp coconut oil
- 2 ice cubes
- 1/4 avocado

Blueberry Pear Smoothie (serves 1)

- 1 large ripe pear, peeled and diced
- 1/2 cup frozen blueberries
- 1 teaspoon vanilla extract
- Pinch of ground ginger
- Juice of 1/2 a lime
- 1/2 cup almond milk
- 1/2 cup filtered water
- 3-4 ice cubes



On the Web



SuperAgers in 80s have brains similar to those 20, 30 years younger: study



Don't fear the scale. HANDOUT

Yo-yo dieters shouldn't give up

Healthy eating.

New study finds that success rates aren't that different from those who diet and those who don't

CELIA MILNE
life@metronews.ca

Keep gaining your weight back? Now there's good news for yo-yo dieters.

A new study by experts at the Fred Hutchinson Cancer Research Center in Seattle has found that yo-yo dieting does not affect your metabolism or your ability to lose weight and

keep it off.

Two thirds of the Canadian population is overweight or obese, and this is a risk factor for heart disease, diabetes, and some types of cancer.

In the Seattle study, 439 overweight, sedentary women were divided into four groups: one group dieted, one group exercised, a third group dieted and exercised, and the fourth group carried on as usual.

Women were asked about their diet history, and 42 per cent of them were yo-yo dieters — having lost more than ten pounds at least three times.

After a year, women in the diet-only and diet plus exercise arms kept off an

average of ten per cent of their weight. Success rates were not significantly different between those who had yo-yo dieted and those who hadn't. The study was published recently in the journal *Metabolism*.

Diets are a bad idea because they put our bodies into "survival mode," where we burn less fat.

Then, when we stop depriving ourselves, the original weight — and sometimes more — comes back, according to Dietitians of Canada. Instead, adopt a life-long attitude of eating healthy foods you enjoy (in smaller amounts) and exercising regularly.

a non-surgical procedure, is an alternative to tubal ligation ("having your tubes tied"). In the outpatient procedure, small inserts are placed in the fallopian tubes.

If you often forget to take the pill: Nuvaring is a flexible rubber ring you insert into your vagina once a month.

It releases a continuous low dose of the hormones estrogen and progestin, which are absorbed by the body.

If you're looking for another pill alternative: The IUD (intrauterine device) is regaining popularity, as

there are better-designed new models than in the past. There is also the new IUS (intrauterine system) that works in a similar way. Your doctor inserts either the small flexible copper IUD or plastic IUS into the uterus. They don't need to be replaced for five years

To find out about other new methods of birth control, and for more details on how each works, see the current issue of *Best Health*, and speak to your family doctor.

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Skip the pasta noodles and give lasagna potato power



This recipe serves eight to 10. NEWS CANADA

It tastes just like the Italian-style favourite, except this version replaces pasta with sliced Ontario Yukon Gold potatoes. It's a satisfying meal that's quick and easy for kids and parents to prepare.

The adults peel and slice potatoes. Older kids can par-cook potatoes in microwave and cook ground beef. All kids can layer ingredients in baking dish.

1. Preheat oven to 400 F (200 C).

2. In fry pan, cook beef on medium heat, breaking up pieces with back of wooden spoon or spatula. Stir in oregano, garlic. Remove from heat.

3. Place sliced potatoes in bottom of 2.5-quart (2.35 l) baking dish. Cover with plastic wrap. Heat on high 8 minutes or until potatoes in middle of dish are tender when pierced with a fork. Use oven mitts when removing cover.

4. Sprinkle flour on top of potatoes. In a bowl, mix cooked ground beef mix with tomato

sauce and spread over top.

5. In bowl, mix cottage cheese, egg and Parmesan cheese. Spread over tomato sauce layer. Sprinkle grated Cheddar cheeses over cottage cheese layer.

6. Bake uncovered 30 minutes, until cheese is lightly browned and sauce is bubbling at edges. Let stand 5 minutes. **NEWS CANADA**

Ingredients

- 1 lb (500 g) lean ground beef
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (3 ml) chopped garlic
- 2 lb (1 kg) Ontario Yukon Gold potatoes, peeled and thinly sliced
- 1 tbsp (15 ml) all-purpose flour
- 1 1/2 cups (375 ml) tomato sauce
- 1 1/2 cups (375 ml) cottage cheese
- 1 egg
- 1/3 cup (75 ml) grated Parmesan or Romano cheese
- 1 cup (4 oz /100 g) grated Cheddar and mozzarella cheeses

Health Solutions

Condiment conundrum



NUTRI-BITES
Theresa Albert, D.H.N., R.N.C.P.
myfriendinfood.com

Everyone likes a burger on a hot summer day!

But most of them pack enough of a calorie bomb without adding insult by condiment.

Be careful what you top your babies with, and be able to enjoy them more often (and for longer).

Don't

• 1 oz grated cheddar cheese adds 119 calories and 9 grams of fat

• 1 tbsp mayonnaise adds 60 to 80 calories and 8 to 12 grams of fat

• Lick's Guck or "special" sauce adds 50 calories and 6 grams of fat

Do

• Mustard adds zero calories, no

fat

• Dill pickle adds zero calories and no fat

• Dill pickle relish adds zero to five calories and no fat

• Tomatoes, lettuce, onions and peppers are free and unlimited

Just so you know...

• 1 tbsp ketchup is 20 calories (and one whole teaspoon of sugar)

• 1 tbsp barbecue sauce is 30 calories (and one whole teaspoon of sugar)

Choose wisely. Your abs are watching you.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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WARM AND VIBRANT TRANSITION

BRINGING A NEW LOOK TO THE EAST EXCHANGE-WATERFRONT DISTRICT

Winnipeg's East Exchange-Waterfront District is being transformed. After years of minimal development, this part of the downtown core now teems with new residential spaces. Many projects are either under construction or in their planning stages — by 2015, there will be approximately 450 new condo/rental units located in this area.

The district's commercial, cultural, and recreational strength is also growing. Developments in process include a 63-unit boutique hotel and restaurant located on the site of the old Harbour Master building; and a 450-stall, mixed-use parkade along James Avenue, boasting commerce on the main floor and living spaces above. A rich range of restaurants, coupled with cultural amenities like the Manitoba Centennial Centre, Manitoba Theatre Centre, Pantages Playhouse Theatre, Manitoba Museum, and Warehouse Theatre, give residents plenty of places to pass the time. The district's proximity to Stephen Juba Park, the Forks, the West Exchange District, and the rest of downtown mean that some of Winnipeg's best loved attractions are only a short walk away.

And now, CentreVenture Development is working to make that experience more pleasant.

Centreventure, in partnership with the city of Winnipeg and McGowan Russell Group, has developed a "streetscaping" plan to create a more walkable, better lit, and attractive environment for residents and visitors in the East Exchange-Waterfront District.



RESIDENTIAL PROJECTS

Some of the condominium building projects going in downtown Winnipeg:

- District Condominiums: 110 James — 22 units; 133 Market — 15 units
- Loftworks on James — 90 units
- 100 Princess — 60 units
- Sky Phase 2 — 33 units
- H20 — 85 units
- 62M — 36 units
- YouCube Phase 2 — 11 units

Phase 1 of the plan is underway and will be complete by the end of November. It will see enhancements to Market Street, which include improvements to pedestrian lighting, signage, and way-finding that will make the area easier and safer to navigate.

The sidewalks on Market Street will be widened to accommodate increased foot traffic. New planters and trees, bike loops, and benches — set perpendicular to the sidewalk — will create an immersive environment without obstructing pedestrians passing by. New waste receptacles will make it easy to keep the space



clean and attractive.

Phase 1 will also include the addition of iconic, interactive lighting features designed by Montreal's Moment Factory — the group responsible for lighting effects seen during Madonna's halftime performance at Super Bowl XLVI. Lining the trees along Market Avenue, these features will be visible during the day and night, twinkling when passersby whistle or sing. This outdoor destination will be unique to Winnipeg.

Phase 2 will make similar modifications to Lily and James avenues, though it will not include the lighting features.

The East Exchange-Waterfront

District welcomes thousands of new residents and visitors every year. When these public realm improvements are complete, that welcome will be an even warmer, brighter, and more vibrant one.



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FORT GARRY HOTEL PHOTO

A DETOXIFYING DESTINATION

RETREAT, RELAX AT THE FORT GARRY WITHOUT LEAVING THE CITY

If you can't afford the time or money to take a spa yoga retreat down south, consider the Fort Garry Hotel's Spa + Yoga Overnight Package instead. It whisks couples, singles and small groups away for a Hamam spa experience, two yoga classes, deliciously healthy meals, and a big feather bed to sleep in — and they never have to leave the city!

Talk about detoxifying and rejuvenating your mind and body, says Laura

Wiebe of the Fort Garry Hotel.

One of the main events is the Hamam at Ten, a modern reinterpretation of a traditional Turkish Roman hot air bathing ritual. A self-administered "treatment" begins with a cup of Moroccan tea and a piece of Turkish delight because "cleansing starts from the inside out," says Wiebe. Then, wearing the traditional "pestemal" wrap (on women, it covers from under the arms to mid-thigh; for

men, it wraps around the waist), you sit on a heated bench and apply a warm aromatic salt mixture — Dead Sea salt mixed with lavender, camomile and rose petals — to your skin.

After a relaxing 15 minutes, an attendant rinses you off and guides you to lie down on a heated marble platform ... and throws cool water over the marble to create more steam.

"It feels like you're in the surf of the

STAYING PUT

While the Fort Garry Hotel is just minutes away from popular tourist attractions such as the Forks Market and the Manitoba Museum, you might never want to leave the comfort of the hotel itself. Besides the world-class Ten Spa, it is famous for its attention to details — from Turkish robes and Italian linens in every room to its award-winning grand Sunday brunch.

ocean with waves washing over you," says Wiebe.

Yoga classes at Yoga Public are also on the itinerary. Yoga Public is the largest yoga studio in Canada and just three blocks from the Fort Garry Hotel. The studio has four environmentally-conscious studios including a hot yoga studio that uses infrared heat to heat your body, not heaters to heat the air. The studio offers yoga in all its forms and for all levels.

Dinner is included, as well as a comfortable room.

"It's a great getaway for people who can't get away for more than a day ... and for tourists who are looking to do something really unique. And rates start at only \$139 per person!"

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OPEN TO NEW PERSPECTIVES

I spend a lot of time talking about what a great community we have here in Winnipeg, but really, we have many communities — Indian, Aboriginal, Trinidadian, Jamaican, Sudanese, Chinese, and so many more — all of them, together, making this city great.

As an elected official, I get a lot of invites to events hosted by Winnipeg's ethnic communities. Whenever possible, I go. There are many good reasons to do so. For one thing, you usually get to try a lot of great food (and when it comes to great food, no one has to twist my arm). It was through Winnipeg festivals that I got my first taste of tandoori chicken, dim sum, and pad kra paw with tofu. Now, they are favourites of mine.

Through these events I have learned about religious traditions different from my own; the history of countries I haven't yet visited; artwork and modes of dress I have never seen; styles of music I have never heard before. Regardless of the

culture being represented, or the type of celebration being held, ethnic festivals offer all Winnipeggers the opportunity to broaden our minds. They make us better.

Collectively, too, they say something about this city. When you attend these events you get a sense of unity — not just between people of one group, but among all invitees. It proves Winnipeg is a tolerant place, open to new perspectives and traditions, where people feel comfortable sharing different sides of themselves. When we celebrate, we celebrate together.

It also proves another point: That Winnipeg is the kind of place where every person has the chance to become what they want to be. My family felt that way when they moved here many years ago from the Philippines. I'm proud to say that Filipino traditions are well represented in Winnipeg now, too.

You can see that first-hand later this month. On Aug. 25, I will be attending the first Manitoba Filipino Street Festival,



happening all day at the Garden City Shopping Centre. As the name suggests, it will be the first festival of its kind held in this province. I'm looking forward to seeing all of you there.

And while you're at it, don't forget to join me at the fourth annual Bike-B-Q Fun Ride on Sept. 22. This year's theme is your favourite hero. To register, call

204-986-8402 or visit mikepagtakhan.ca.

To learn more about the first Manitoba Filipino Street Festival, or other cultural events happening in downtown Winnipeg, phone my office at 204-986-8401 or email me at mpagtakhan@winnipeg.ca. You can also visit the festival website at filipinos-treetfestival.ca.

— Coun. Mike Pagtakhan, Point Douglas



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The Mode Tache sales office is temporarily located at Verve Tache, 760 Tache Ave. (immediately north of Mode Tache). Contact Myles Viklund of Rancho Realty Service (Manitoba), Ltd., at 204-793-1000, or visit modetache.com.

The Winnipeg condo market is changing. Today's buyers have a love of urban life — and clear expectations for their homes from the day they move in. They don't settle. And StreetSide Development Corporation wouldn't want them to.

"Our buyers research properties and developers thoroughly before making decisions; they ask the right questions and confirm the answers," says StreetSide manager Marty Maykut. "They're familiar with the more than 25 projects StreetSide has developed in the last decade, and with Qualico's 60-year history of home building. They know which floor plans and locations interest them. They appreciate our features and optional upgrades."

As a member of the Qualico family of companies, StreetSide is afforded a huge competitive advantage: It can start construction prior to a sales launch. This means StreetSide can show prospective buyers a building being framed. It also means cost-certainty and possession dates that will actually be met.

StreetSide's latest success is Mode Tache, the developer's fifth project in St. Boniface, the French Quarter. Units are available for purchase now, with possessions booked for February 2013.

"The homes in Mode Tache will offer a residential feel within a downtown urban environment," says Maykut. "The property is quiet and safe, far from commuter traffic. It's across the street from a park and 100 metres from the Red River. Yet, residents will be only a five-minute walk from the

centre of Winnipeg."

Production on Mode Tache is moving quickly. Framing is being wrapped up and windows installed. Because potential buyers can witness the progress first-hand, Mode Tache is already 40 per cent sold out after only a few weeks.

"Our sales launch party on July 11 was a huge success," says Maykut. "We had many patient visitors waiting to reserve units at Mode Tache. They were checking out remaining units at our nearby Verve Tache property, too."

Maykut believes Mode Tache will offer the best views of Winnipeg — a city that's evolving right along with its people. But you don't have to take his word for it. You can see for yourself.



THE AVENUE ON PORTAGE

2 BUILDINGS IN 1 IN HEART OF THE CITY

There's a new downtown Winnipeg: A cultural and commercial hub made vital by residential developments and the people who live in them. But the old downtown had its charms, too: Including some of the finest architecture in the city. As a resident of the Avenue on Portage, you will enjoy the best of both.

The Avenue on Portage is a heritage restoration project boasting every modern amenity. It's two buildings in one: A downtown development composed of the former Avenue Building (1904) and Hample Building (1906), both empty for the past 10 years. Now united, they have been turned into a space containing 75 rental units — furnished and unfurnished — in the heart of city.

Only a few suites remain to be occupied. Like all units in the Avenue on Portage, they feature completely renovated, modern interiors and open-concept floor plans.

Units in The Avenue East range from 430 to 1,020 square feet. Residents have exclusive access to a private gym and a large rooftop patio, featuring four barbecues and a sun-deck. From atop this historical building, you can see modern Winnipeg in all its glory.

The Avenue West is a three-storey addition containing 15 new rental units. It also has a second communal patio for you and your neighbours to enjoy together.

Additional amenities include

MORE INFO

To inquire about leases at the Avenue on Portage, contact Sabrina Tretyurik by email (info@theavenueonportage.com), phone (204-781-7030), fax (1-866-430-4059) or on the web (theavenueonportage.com).

heated, underground parking, on-site laundry, and exclusive, monthly entertainment draws for tenants. The Avenue on Portage also features 23,000 square feet of commercial space on the main floor, occupied by MB Start.

Whether you are living in The Avenue East or Avenue West, you will be close to the action. Located one block west of Portage and Main, these units are walking distance from the MTS Centre, The Forks, and the growing selection of restaurants, bars, and cultural spaces downtown Winnipeg has to offer. You will be near the city's business district, too; not to mention schools and services. Whether it's work or play you are after, the Avenue on Portage puts you right where you need to be.

New residential developments are helping to revitalize downtown Winnipeg. The best of them, like this one, combine a modern vision with a respect for the past.

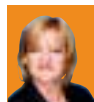
Act now and you can make the Avenue on Portage part of your future.

THE AVENUE
ON PORTAGE

For more information, please visit
www.theavenueonportage.com

Sometimes even the bank screws up too

Alison's money rule.
Follow these four tips to help you deal with those big bank errors



YOUR MONEY
Alison Griffiths
money@metronews.ca

My sister would rather keep her money in a sock than deal with the big banks. Her feelings were confirmed after a recent error was made transferring funds from her old Scotiabank branch to a new one. The result was a number of bounced cheques and considerable embarrassment.

Not expecting any mea culpas, she complained to a teller who ushered her into an account manager's office. Not only did the woman apologize but she offered my sister six months of zero fees on her account.

Boldly, dear Sis said that wouldn't quite cover the NSF fees but the woman could not

authorize any more largesse. Enter the branch manager who proclaimed, "let's just do away with your fees permanently."

You can't always get what you want when a bank screws up, but follow these tips to give you the best chance to notice errors and get compensation.

1. Pay attention

There's no way to catch a mistake if you're not checking your account statements and ATM transactions regularly. Be particularly vigilant about transfers, automatic deposits and debits and Internet banking.

2. Marshall your facts

Don't bother starting the complaint process until all facts and documents are at hand. Detail everything you can recall including the dates and confirmation numbers if appropriate.

3. Be prepared to go up the ladder

All bank employees, including branch managers, have limits to what they can authorize. To get more you will have to

In numbers

864M

Canadians made 864 million transactions at bank-owned ATMs in 2011.

go higher. Asking for the vice president in charge of consumer services at head office if luck runs out at the branch level. Otherwise you can file a complaint with the Ombudsman for Banking Services and Investments (obsi.ca) For TD and RBC complaints go to ADR Chambers (bankingombudsca.)

4. Hold your temper

Anger and abuse toward employees may make you feel better temporarily but it gives the bank an acceptable reason to stop dealing with you. Be firm, be reasonable then shout up a storm in private.

With billions of bank transactions in Canada annually, mistakes will happen. Do complain even about small mistakes. You could be surprised by the result.



Pay attention! If you don't check your account statements for accuracy, you might miss a bank error. ISTOCK IMAGES

Advice

How to use a dinner napkin



CHARLES THE BUTLER
askcharlethebutler@metronews.ca
For more, visit charlesmacpherson.com

There's always debate on the proper use of a dinner napkin. How about in this instance? If a person has used a table napkin, then that would mean there is food on it, as well as some of the diner's saliva. Therefore, if they left this napkin on their chair, the next person to sit there would get traces of said of-

fending materials on their clothing. Kristin

Dear Kristin, Since my previous article about the use of dinner napkins, I have received many, many emails like yours.

But you made me think that perhaps people may

be confused on how best to use a dinner napkin that actually avoids everyone's concerns about soiling the seat and clothing.

When you first sit down and place a clean napkin on your lap the napkin should be folded in half lengthwise — the folded end goes toward you and the open end away from you (where

your knees are).

When you need to use your napkin, always bring the open end up to your mouth and wipe your lips/mouth with the inside portion of the folded napkin. This keeps the dirt, food and grease away from the outside of the napkin and thus protects your clothing when you put it back

on your lap, or should you need to leave it on the chair.

Based on your emails, many readers feel very passionate about napkin etiquette. I mean, who knew?

Anyway, please keep your emails coming; I love all of your comments and opinions and they are always welcome!



Paddles up!

Cheer on the teams, take part in the kids' activities, make a donation and have a fun family day at Lake Shirley Water Ski Park.

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AHEAD OF THE CURVE

The dog days of summer may not inspire thoughts of returning to university or college, but a lack of preparation now might come back to bite you.

Deborah Rowan-Legg, vice-president of student services at Algonquin College, says getting a head start in the last weeks of summer can help students thrive when the year begins.

"The more a student can anticipate and be organized as the term begins, the less likely they are to fall behind or have any anxiety," she says.

She suggests logging into your student account to look at your upcoming timetable. It's usually released a month before classes start and tells you where and when the classes are and what books you will need. Start reading — it will make learning

USE THE LAST WEEKS OF SUMMER TO START PREPARING FOR THE UPCOMING SCHOOL YEAR



ISTOCKPHOTO/THINKSTOCK

easier once classes begin.

If you are worried about a particular course, contact student services about your concerns and book a peer tutor ahead of time. If you will have a job this term, you can gauge your scholastic workload now and figure out how much time that leaves for work. If you are going back to a job, touch base with your supervisor today to

have the best chance at getting shifts that work around your classes.

"If the student has applied for financial assistance, ensure their application is complete and they're receiving the assistance for which they qualify, so there won't be any delay," Rowan-Legg adds. "It's a precautionary step."

Lorna Millard, an academic adviser at

Vancouver Island University, says a major mental shift for students straight out of high school is that they are now treated as adults, not children or young adults.

"It's a big transition," she says.

"The onus is on the student. The institution will provide all kinds of support, but we don't ram it down their throats."

— Jon Tattrie

HELP PEOPLE IN NEED AS A DISPATCHER

LEARN SPECIAL SKILLS AT NORTHWEST LAW ENFORCEMENT ACADEMY

Dispatchers connect people in need to the emergency personnel who can help them. Their job is crucial, and it requires a special set of communication skills. If you have what it takes to enrol, the Northwest Law Enforcement Academy can teach those skills to you.

The academy's new emergency services communicator certificate program provides you with the fundamentals of dispatching. Subjects include everything from conflict resolution to keyboarding to health and stress management, taught over the course of 39 hours (three weeks).

To qualify, you must be 18 years or older. You must be fluent in English, both oral and written; have completed Grade 12 (or equivalent); be able to type 25 words per minute accurately; have good visual and hearing acuity; and have basic knowledge of



ISTOCKPHOTO/THINKSTOCK

Windows applications. You must also pass a criminal record check.

To schedule your pre-enrolment interview and screening test, phone 204-953-8300 or 866-953-8300, or visit northwestlaw.ca to download the application form.

Classes begin Oct. 14, and will be held Tuesdays and Thursdays from 6-10 p.m., and on Saturdays from 8 a.m. to 4 p.m. You must be able to complete the entire 39 hours of class within the three-week program offering.

The Northwest Law Enforcement Academy is a post-secondary training institution licensed by the Manitoba Department of Education.

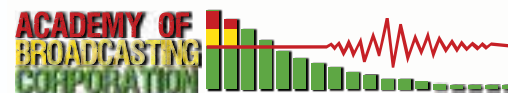
The academy's trademark program, the law, protection and safety diploma program, has led many young people into careers with law enforcement agencies across Canada.



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HERZING COLLEGE PHOTO

BUILDING RELATIONSHIPS

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Since 1970, Herzing has prepared thousands of students for careers in health care, business, technology, and law. It's the only college in Manitoba accredited by the Canadian Education and Training Accreditation Commission (CETAC). And it's a two-time recipient of the Better Business Bureau's Building Marketplace Trust award.

These are impressive achievements. But for the faculty at Herzing, accolades aren't the chief source of pride. Building long-term relationships is.

"Herzing College has an extremely low staff turnover," says Bill Riches, college president. "Meaning, if you graduate from one of our programs, then recommend it to family members or friends, the same in-

structors who were there for you will be there for them."

From year to year, even generation to generation, Herzing provides a consistent quality of education.

Another part of building a successful relationship with students is ensuring their education is an affordable one. If your finances are preventing you from pursuing

the training you need, Herzing College may be able to help. Your options may include student loans, grants, or government assistance. Herzing admissions advisers can help you identify the solution that is best for you, free of charge.

Should you start to struggle with your studies, Herzing will help with that, too, arranging free, one-on-one tutoring.

Herzing College programs are designed to teach you the skills employers are looking for. They are led by instructors with industry experience — and supported by career services specialists who maintain strong ties between Herzing and the internship hosts and employers for which you will eventually be working. Approximately one-third of Herzing students end up being hired while on internship.

This dedication to success explains why Herzing College has such a low student dropout rate. For Riches, that's really the whole point.

"We will educate you and work with you until you're employed in your field of study," he says. "That's our goal. It's why we do what we do. And five or 10 years from now, if you're looking for a new career once again, we'll still be there to help. Your relationship with Herzing College is ongoing — for as long as you need it."

Herzing College is located at 723 Portage Ave. For more, call 204-775-8175, or email info@wpg.herzing.edu. Or visit the college's website at herzing.ca/winnipeg.



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A FUTURE IN POLICING MAY BE FOR YOU

Police work is a physical and mental challenge — it's not for everyone. But it might be for you. The police preparation diploma (PPD) program can help you find out.

The eight-month PPD program prepares you for the admission requirements of police forces across Manitoba. It's offered through Professional, Applied and Continuing Education (PACE) at the University of Winnipeg, one of PACE's many full-time and part-time programs designed to meet the needs of students, employers, and the community.

This preparation includes high fitness

requirements, mock interviews and mock exams. It also includes a volunteer practicum, made possible through a partnership with the Downtown Winnipeg Business Improvement Zone (BIZ).

Every Thursday afternoon, for the duration of the program, you will partner up with an experienced Downtown Watch ambassador, creating an increased physical presence throughout the zone and at special events. And you will do it in uniform. This is your chance to gain practical experience within the community — polishing your communication skills in

a low-risk environment. If you wish, you can increase your volunteering time, too.

If you are newly out of high school, looking to change careers, or hoping to continue the policing career you began in another country, the PPD program may be right for you. The program is open to both Canadian citizens and permanent residents at a cost of \$8,990.

To learn more about the program, phone 204-982-1811 or visit pace.uwinnipeg-courses.ca.

But don't wait — the program is only held once a year and classes start Aug. 30.

STEP UP TO THE MIC FOR A CAREER IN MUSIC

The Academy of Acting has trained more than 100 actors for careers in film, television, and theatre. Starting this September, it will train them for musical theatre as well.

The change makes sense. Demand for trained musical theatre performers has increased, and the academy had seen many graduates find work in this field already. Offering training in acting theory, scene study, audition technique, on set skills, voice-over, improv, stand-up comedy, stage combat, personal grooming and style, the

business of acting and more, the academy's new, more well-rounded program is designed to meet the industry's needs.

Nervous about singing and dancing? The academy's industry professional instructors specialize in gently bringing out the best in each student.

Since 2005, graduates have been finding work: On camera; in recording studios doing animation and commercial voice work; and behind the scenes as directors, producers, and more. As part of the course, each group participated in a specialized film

project, written by an industry professional screenwriter specifically for that group, and guided by an industry professional director and crew. In addition, each group presented a well-known play, directed by an industry professional director. Now, each group will present a well-known musical as well.

Classes begin Sept. 17, and space is limited. To book your audition, call 204-897-2346. For more, see academyofacting-college.com.

The Academy of Acting is a division of the Academy of Broadcasting Corporation.



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Swing away! Augusta changes stance on female membership

Golf. After 80 years, historic Masters course will finally have women in green jackets

For the first time in its 80-year history, Augusta National Golf Club has female members.

The home of the Masters, under increasing criticism the last decade because of its all-male membership, invited former U.S. secretary of state Condoleezza Rice and South Carolina financier Darla Moore to become the first women in green jackets when the club opens its season in October.

Both women accepted.

"This is a joyous occasion," Augusta National chairman Billy Payne said Monday.

The move likely ends a debate that intensified in 2002 when Martha Burk of the National Council of Women's Organizations urged the club to include women among its members. Former club chairman Hootie Johnson stood his ground, even at the cost of losing Masters television sponsors for two years, when he famously said Augusta National might one day have a woman in a green jacket, "but not at the point of a bayonet."

The comment took on a life of its own, becoming either a

Road to acceptance

A person with knowledge of club operations said Condoleezza Rice and Darla Moore first were considered as members five years ago.

- That would be four years after the 2003 Masters, when Martha Burk's protest down the street from the club attracted only about 30 supporters, and one year after Billy Payne became chairman.

slogan of the club's resolve not to give in to public pressure or a sign of its sexism.

"Oh my God. We won," Burk said. "It's about 10 years too late for the boys to come into the 21st century, never mind the 20th century. But it's a milestone for women in business."

Payne, who took over as chairman in 2006 when Johnson retired, said that Rice and Moore were not treated differently from other new members. Even so, he took the rare step of announcing two of the latest members to join because of the historical significance.

Rice, 57, was the national security adviser under George W. Bush and became secretary of state in his second term. The first black woman to be a Stan-



A view of the 15th green during this year's Masters tournament at Augusta. SCOTT HALLERAN/GETTY IMAGES FILE

ford provost in 1993, she now is a professor of political economy at Stanford's Graduate School of Business.

"I have visited Augusta National on several occasions and look forward to playing golf, renewing friendships and forming new ones through this very special opportunity," Rice said in a statement released by the club. "I have long admired the important role Augusta National has played in the traditions and history of golf."

THE ASSOCIATED PRESS



Darla Moore, left, and Condoleezza Rice were announced as the first female members of Augusta National Golf Club on Monday. THE ASSOCIATED PRESS FILE

Does NHL solution lie in revenue sharing?

An Ottawa-based economic think-tank has a solution to the NHL's labour headaches that fans of small-market teams will love, but owners of the league's cash cows will probably loathe — competitive balance through extensive revenue sharing.

With the league's collective bargaining agreement set to expire Sept. 15, owners have proposed a new deal that includes trimming the players' share of revenue from 57 per cent to 46 per cent. While that approach might ensure even money-losing franchises would break even, Glen Hodg-

Quoted

"(NFL revenues) are pretty simple to share 32 ways. You carve it up and it's a nice boost to your profits. But (it's more difficult) if you're taking the money out of someone's profits."

Glen Hodgson of the Conference Board of Canada. Hodgson says the NHL's wealthier teams need to determine which is more costly: Losing an entire season's profits every few years to a strike or lockout, or losing a fat fraction of their income every year to maintain labour peace.

son of the Conference Board of Canada says players would never accept it.

And neither would fans.

"The (average) fan says put some revenue-sharing options

on the table as a way to get this done," says Hodgson, the board's senior vice-president and chief economist. "(But) that means rich teams are going to have to give up some

Onus on big markets

Hodgson acknowledges that NFL teams share more than \$9 billion in annual revenue, including a broadcast deal that pays roughly \$4 billion a year.

- In contrast, the NHL's U.S.

broadcast deal is worth \$200 million annually, meaning revenue sharing would consist of big-time money makers like the Toronto Maple Leafs subsidizing teams like the Phoenix Coyotes.

80 per cent of revenues are shared among 32 teams — as the league offering the best balance of profitability and competitiveness.

TORSTAR NEWS SERVICE

Mobile sports



His arm still appears strong and he's been able to weather some hard hits, but Peyton Manning and his Denver Broncos have yet to show the ability to pile up the points so far in the NFL pre-season. Scan the code for the story.

Hockey

Danton denied visa to join English team

Mike Danton's attempt to continue his hockey career in England is on hold after border officials refused to grant him an entry visa.

The former NHLer, who served more than five years in a U.S. prison for a failed murder-for-hire plot, had his visa application rejected



Mike Danton
THE CANADIAN PRESS

last week, the Coventry Blaze announced Monday. The team, which plays in the Elite Ice Hockey League, said Danton plans to submit a secondary application.

THE CANADIAN PRESS

CHL

Junior hockey union close to reality

A process that's been more than a year in the making could change the face of junior hockey in Canada forever.

After working in anonymity for almost 14 months, the creation of a Canadian Hockey League Players Association, a de facto union to protect the interests of more

than 1,300 junior players, is close to complete.

"We're in the process of making applications to each of the necessary labour boards," CHLPA spokesman Derek Clarke said in an interview Monday.

The CHL consists of 60 teams in the OHL, QMJHL and WHL.

Junior players currently get a \$50 a week stipend — along with room and board.

TORSTAR NEWS SERVICE

NFL



"We are trying to address it, and it was just a lot of horseplay that was taken too far."

Prince Amukamara, the second-year New York Giants cornerback who was thrown into a tub of ice by teammate Jason Pierre-Paul. The club insists that was a football tradition and not bullying.

Horoscopes

Aries

March 21 - April 20

There is no point in working too hard today — in fact it could be counter productive. If you need to burn off some of your excess emotional energy, the best way is through physical activity. Go for a walk.

Taurus

April 21 - May 21

The pace of life will pick up considerably over the next few days, so fasten your seatbelt. Creatively, all things are about to become possible — no goal is beyond you if you want it enough.

Gemini

May 22 - June 21

What you do for other people now, especially for friends and relatives, will determine how things go for you later on. You don't have to be a saint but you do have to realize you are not the only one with desires.

Cancer

June 22 - July 23

There are more than enough unhappy people in the world as it is — don't add to their number. Whatever your problems may be, you are, in fact, one of the lucky few. Shape up and start smiling again.

Leo

July 24 - Aug. 23

Stop looking for reasons to fail and start doing the things that make success more likely. What is your definition of success, exactly? It's not just about money and power. Don't forget spiritual growth.

Virgo

Aug. 24 - Sept. 23

Suddenly you are motivated. Suddenly you want to get out there into the world and make things happen. The Sun's imminent move into your sign will encourage you to believe you have what it takes. And you do.

Libra

Sept. 24 - Oct. 23

According to the planets you are getting close to the point where reality gives way to illusion. Question everything you see and hear today. Most of all, question what your own mind tells you. Can you trust it?

Scorpio

Oct. 24 - Nov. 22

You may not agree with what a loved one is doing but you owe it to them to be supportive. They have assisted you in the past, now you have the opportunity to return the favor. Don't waste it.

Sagittarius

Nov. 23 - Dec. 21

Cosmic activity close to the career angle of your chart makes this the perfect time to push ahead with your ambitions. What is it you want most out of life? What is it you dream of being and doing?

Capricorn

Dec. 22 - Jan. 20

You don't care in the slightest what people think about your words or actions. If they have a problem with any of it, well, that's just too bad. Life is too short to waste time trying to keep everyone happy.

Aquarius

Jan. 21 - Feb. 19

Something has been nagging at your mind for quite a while and will continue to nag until you do something about it. The fact that you have neglected it for so long is irrelevant — it's what you do now that matters.

Pisces

Feb. 20 - March 20

The planets urge you to ignore any and all opposition and to push ahead with your plans. Your critics may be many and vocal but they will soon come around when they see how well you are doing without their help. **SALLY BROMPTON**

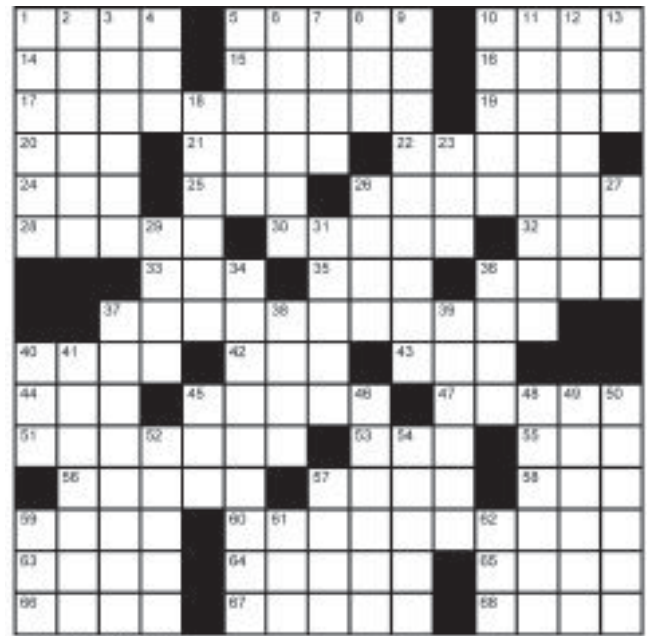
Crossword: Canadian Puzzle

Across

1. Operatic solo
5. "Sure, I'll handle it!" (2 wds.)
10. Lhasa ____: small dog
14. One of 11-Down: abbr.
15. Slobber
16. Astronaut team
17. Montréal's ____ Seaway (2 wds.)
19. Elizabeth star Blanchett
20. Can. neighbor
21. Sharpen
22. Tax month
24. *The Da Vinci Code* director Howard
25. Beatles hit "____ Loser" (2 wds.)
26. Canada's most populous province
28. Break up the romance (2 wds.)
30. Dispatches
32. Ending meaning "kind of"
33. Club ____: vacation destination
35. ____ Croix, Que.
36. Wagers
37. Northwest ____
40. "Confound it!"
42. Consumed
43. Whirlpool site
44. Serpentine seafood
45. Assent
47. Experiences pain
51. Stampede's home
53. Duo
55. Computer key: abbr.
56. "____ far, far better thing that I do ...": Dickens' *Tale of Two Cities* (3 wds.)
57. "Whole Lotta Shakin' ____ On"
58. Pontiac muscle car of the '60s
59. Russian mountain range or river
60. Grammy and Juno award winning French-Canadian singer (2 wds.)
63. Plummeted
64. School: Fr.
65. About, in contracts (2 wds.)
66. Versified tributes
67. Distributed seeds
68. Beaver projects

Down

1. Allay one's fears
2. Points the finger at (someone) (2 wds.)
3. Vancouver ____: Victoria's location
4. Alias
5. Computer data holder: acronym
6. Stadiums
7. Not one
8. ER worker, for short
9. Poisonous flowering evergreen shrubs
10. Ghana's capital
11. Provinces between BC and 26-Across, familiarly
12. The tunes a band plays at a concert (2 wds.)
13. Be in debt
18. Procol Harum's "A ____ Shade of Pale"
23. Halves of qts.
26. Aware of
27. Cries of insight
29. "... ____ a man with seven wives" (2 wds.)
31. ____ Lauder : cosmetics
34. Hotrod showdowns (2 wds.)
36. Belle's boyfriend
37. Yarn-spinner's forte (2 wds.)
38. Humble response to "Good job!" (2 wds.)
39. "There's an app for that" device
40. Xmas mo.
41. Televised again
45. Small batteries
46. Star: Fr.
48. Provincial capital whose name means "queen"
49. Loud weather phenomenon, as shortened in weather reports
50. Teacakes
52. Underwater breathing organs
54. ____ and dined: treated
57. Aura
59. Flying saucer
61. "Green" prefix
62. Performed



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Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 30°
MIN: 13°



MAX: 30°
MIN: 14°



MAX: 25°
MIN: 16°



JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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